Supplementary file 8. Effect sizes in the included conservative non-pharmacological interventions

Orthotic devices					
Intervention subtype	**Comparator**	**Sample size**	**Measure type**	**Outcome measures**	**ES (95% CI)**
Serial casting [42]	Before intervention vs after intervention	n=9	Body structure - PROM	Ankle dorsiflexion PROM (right knee extended)	2.28 (-1.75 to 6.3)
		n=6		Ankle dorsiflexion PROM (right knee flexed)	1.18 (-2.09 to 4.45)
		n=9		Ankle dorsiflexion PROM (left knee extended)	2.73 (-1.14 to 6.6)
		n=6		Ankle dorsiflexion PROM (left knee flexed)	1.88 (-1.78 to 5.54)
		n=9	Activities and participation - Mobility	10-m run time	-0.14 (-1.07 to 0.78)
		n=9		Timed Gower's sign	0.14 (-0.78 to 1.07)
		n=9		4SC	-0.06 (-0.99 to 0.86)
AFO/FO [43]	Before intervention vs after intervention	n=15	Activities and participation - Mobility	10mWT	0.82 (-0.07 to 1.71)
				2MWT	0.51 (-2.81 to 3.82)
				Rivermead Mobility Index	0.16 (-0.56 to 0.88)
			Activities and participation - Balance	BBS	0.51 (-0.5 to 1.51)
				Romberg index	0.75 (-25.28 to 26.77)
			Body function *(Patient-reported)*	NASS: Lneur	0.28 (-1.92 to 2.47)
			Pain	NASS: Lpain	0.26 (-1.17 to 1.69)
				VAS pain	0.09 (-0.63 to 0.81)
			Activities and participation - QoL	SF-36: physical functioning	0.11 (-0.92 to 1.13)
				SF-36: role physical	0.16 (-1.77 to -2.09)
				SF-36: bodily pain	-0.47 (-2.38 to 1.44)
				SF-36: general health	0.44 (-2.22 to 3.09)
				SF-36: vitality	0.49 (-2.16 to 3.15)
				SF-36: social functioning	0.55 (-3.02 to 4.11)
				SF-36: role emotional	0.27 (-2.24 to 2.78)
				SF-36: mental health	0.08 (-0.69 to 0.86)
				SF-36: physical component summary score	0.40 (-0.75 to 1.56)
				SF-36: mental component summary score	0.47 (-0.81 to 1.75)
KAFO[44]	Conventional KAFO vs modular KAFO	n=7	Body function	PCI walking (beats/min)	0.73 (-0.42 to 1.88)
			Activities and participation - Mobility	Walking speed	0.69 (-0.93 to 2.31)

Manual therapy					
Intervention subtype	**Comparator**	**Sample size**	**Measure type**	**Outcome measures**	**ES (95% CI)**
Calf massage [18]	Before intervention vs after intervention	n=20	Body structure - Muscle structure	Ankle dorsiflexion PROM (knee flexed)	0.51 (-0.34 to 1.37)
				Ankle dorsiflexion PROM (knee extended)	0.62 (-0.27 to 1.5)
				Knee extension PROM	-0.52 (-1.45 to 0.42)
			Activities and participation - Mobility	10m walk/run	0 (-0.62 to 0.62)
				Gait - speed	0.21 (-0.73 to 1.14)
				Gait - cadence	0.19 (-0.57 to 0.95)
				Gait - step length	0.15 (-0.49 to 0.79)
				Gait - base of support width	0.09 (-0.53 to 0.72)

Assistive technologies					
Intervention subtype	**Comparator**	**Sample size**	**Measure type**	**Outcome measures**	**ES (95% CI)**
Arm support [30]	Experimental treatment vs usual care treatment	SG:n=7; CG: n=9	Body function - AROM	Shoulder AROM	-0.07 (-3.96 to 3.82)
				Elbow AROM	0.78 (-10.47 to 12.03)
				Wrist AROM	0.11 (-2.07 to 2.29)
				Total upper limb AROM	0.15 (-10.99 to 11.29)
			Body function - Muscle strength	Left shoulder abduction (lbs)	-0.42 (-1.43 to 0.6)
				Right elbow flexion (lbs)	-0.17 (-1.58 to 1.24)
				Left elbow flexion (lbs)	-0.10 (-1.09 to 0.89)
				Right elbow extension (lbs)	0.38 (-0.71 to 1.47)
				Left elbow extension (lbs)	0.70 (-0.55 to 1.95)
				Shoulder maximal voluntary contraction (N)	0.17 (-4.3 to 4.65)
				Elbow maximal voluntary contraction (N)	0.02 (-0.98 to 1.02)
				Wrist maximal voluntary contraction (N)	0.30 (-3 to 3.61)
				Total upper limb maximal voluntary contraction (N)	0.25 (-7.02 to 7.53)
			Body function - Muscle endurance	A6MCT	-0.21 (-9.53 to 9.12)
			Activities and participation - Limbs function	PUL total score	0.11 (-1.03 to 1.24)
				PUL shoulder	-0.1 (-1.11 to 0.91)
				PUL elbow	0.22 (-0.97 to 1.41)
			Activities and participation - Functional activities	MFM D3 (%)	-0.11 (-1.12 to 0.9)
				Abilhand-plus	0.15 (-0.87 to 1.17)
			Activities and participation - QoL	Kidscreen-52	0.29 (-0.77 to 1.34)
WBVT [45]	Before intervention vs after intervention	n=12	Body function - AROM	Ankle dorsiflexion AROM (right)	0.65 (-0.74 to 2.04)
		n=12	Body function - Muscle strength	MRC leg sum score	0.30 (-1.35 to 1.95)
		n=12		Knee sum score (N)	0.41 (-1.31 to 2.14)
		n=11		Elbow flexion (N)	-0.07 (-0.95 to 0.82)
		n=12	Activities and participation - Mobility	6MWT	0.05 (-1.55 to 1.65)
		n=12		10mWT	0.10 (-0.71 to 0.90)
		n=12		4SC	0.20 (-0.61 to 1.02)
		n=12		Supine to stand test	-0.17 (-1.07 to 0.74)
FES	Before intervention vs	n=6	Body function - Muscle	Right tibialis anterior maximal torque (Nm)	1.19 (-0.3 to 2.67)

	after intervention [16]		strength		
	Before intervention vs after intervention [47]	n=8	Activities and participation - Mobility	6MWT	0.37 (-18.19 to 18.94)
				10mWT	0.30 (-1.02 to 1.62)
NMES	Before intervention vs after intervention [46]	n=6	Body function - Muscle strength	Total MRC score	0.63 (-0.52 to 1.78)
			Activities and participation - Mobility	10mWT	0.41 (-0.84 to 1.66)
				6MWT	0.32 (-7.9 to 8.53)
			Activities and participation - Balance	TUG	0.06 (-1.08 to 1.19)
	Before intervention vs after intervention [19]	n=9	Body function - Fatigue	VAS: Fatigue	0.52 (-0.41 to 1.46)
			Pain	VAS: Pain	**1.58 (0.61 to 2.55)**
			Activities and participation - Mobility	6MWT	0.66 (-8.57 to 9.89)
HVPGS[22]	Before intervention vs after intervention	n=13	Body function - Muscle strength	Right deltoid strength (N)	0.86 (-9.32 to 11.05)
				Left deltoid strength (N)	0.55 (-6.66 to 7.77)
				Right quadriceps femoris strength (N)	0.25 (-6.79 to 7.28)
				Left quadriceps femoris strength (N)	0.30 (-7.42 to 8.02)
			Body function - Muscle endurance	Right shoulder abduction (n. of repetitions in one minute)	0.31 (-1.51 to 2.12)
				Left shoulder abduction (n. of repetitions in one minute)	0.30 (-1.18 to 1.79)
				Right knee extension (n. of repetitions in one minute)	0.04 (-0.78 to 0.86)
				Left knee extension (n. of repetitions in one minute)	0.11 (-0.94 to 1.17)
			Activities and participation - Mobility	10mWT	0.10 (-0.71 to 0.90)
				Timed 8-stair climb	-0.05 (-0.85 to 0.76)
			Activities and participation – Functional activities	Dressing with a t-shirt (s)	-0.23 (-1.06 to 0.60)
				Lawton IADL test	0.01 (-0.79 to 0.82)
VPA[41]	Before intervention vs after intervention	n=8	Body function - Muscle strength	Shoulder abduction MVIC	**2.33 (1.32 to 3.34)**
			Activities and participation - QoL	SF-36: total score	1.56 (-2.38 to 5.49)
				SF-36: role emotional	1.58 (-3.03 to 6.19)
				Self-rated health state	2.33 (-4.32 to 8.99)

Exercise interventions					
Intervention subtype	**Comparator**	**Sample size**	**Impairment**	**Outcome measures**	**ES (95% CI)**
Aerobic training	Before intervention vs after intervention[55]	n=11	Body function	HR max	0.27 (-1.18 to 1.71)
	Before intervention vs after intervention (12 weeks)[54]	n=11		HR rest	0 (-0.84 to 0.84)
	Before intervention vs after intervention (12 months)[54]	n=11		HR rest	0.36 (-0.85 to 1.58)
	Before intervention vs after intervention (12 weeks)[54]	n=11		HR max	1.09 (-2.26 to 4.45)
	Before intervention vs after intervention (12 months)[54]	n=11		HR max	0.27 (-0.95 to 1.49)
	Before intervention vs after intervention[53]	n=12		HR	2.45 (-1.51 to 6.58)
	Before intervention vs after intervention[55]	n=11		PR interval	-0.28 (-3.04 to 2.48)
				QRS interval	-0.06 (-0.93 to 0.81)
	Before intervention vs after intervention[55]	n=11	Body structure - Body composition	Total lean mass (kg)	0.17 (-0.8 to 1.13)
				Total lean mass (kg)	0.16 (-0.8 to 1.12)
	Before intervention vs after intervention (12 weeks)[54]	n=10		Lean tissue mass - whole body (g)	-0.16 (-143.96 to 143.64)
	Before intervention vs after intervention (12 months)[54]			Lean tissue mass - whole body (g)	-1.84 (1349.6 to 1345.93)
	Before intervention vs after intervention[55]	n=11		Fat mass (kg)	0.04 (-0.8 to 0.89)
	Before intervention vs after intervention (12 weeks)[54]	n=10		Fat mass - whole body (g)	0.16 (-206.86 to 207.18)
	Before intervention vs after intervention (12 months)[54]			Fat mass - whole body (g)	0.38 (-415.2 to 415.96)
	Before intervention vs after intervention (12 weeks)[54]			Lean tissue mass - right leg (g)	-0.11 (-22.75 to 22.53)
	Before intervention vs after intervention (12 months)[54]			Lean tissue mass - right leg (g)	-1.08 (-200.35 to 198.19)
	Before intervention vs after intervention (12 weeks)[54]			Lean tissue mass - left leg (g)	-0.08 (-16.22 to 16.05)
	Before intervention vs after intervention (12 months)[54]			Lean tissue mass - left leg (g)	-1.22 (-211.33 to 208.9)
	Before intervention vs after intervention (12 weeks)[54]			Fat mass - right leg (g)	0.15 (-30.23 to 30.53)
	Before intervention vs after intervention (12 months)[54]			Fat mass - right leg (g)	0.52 (-86.57 to 87.6)
	Before intervention vs after intervention (12 weeks)[54]			Fat mass - left leg (g)	0.20 (-41.64 to 42.05)
	Before intervention vs after intervention (12 months)[54]			Fat mass - left leg (g)	0.57 (-99.22 to 100.36)
	Experimental treatment vs control treatment (no intervention)[33]	SG: n=8; CG: n=8	Body structure - Muscle structure	Whole muscle cross-sectional area	1.20 (-849.07 to 851.47)
	Experimental treatment vs control treatment[38]	SG: n=10; CG: n=9		Pennation angle - vastus lateralis (dominant side)	-0.07 (-0.97 to 0.84)
				Pennation angle - vastus lateralis (non-dominant side)	-0.62 (-1.96 to 0.71)
				Fascicle length - vastus lateralis (dominant side)	-0.06 (-0.97 to 0.84)
				Fascicle length - vastus lateralis (non-dominant side)	0.18 (-0.73 to 1.08)
				Muscle thickness - vastus lateralis (dominant side)	0.18 (-1.08 to 0.72)
				Muscle thickness - vastus lateralis (non-dominant side)	-0.44 (-1.35 to 0.46)
				Pennation angle - gastrocnemius (dominant side)	-0.29 (-1.31 to 0.73)
				Pennation angle - gastrocnemius (non-dominant side)	-0.11 (-1.03 to 0.81)
				Fascicle length - gastrocnemius (dominant side)	0.33 (-0.57 to 1.24)
				Fascicle length - gastrocnemius (non-dominant side)	0.34 (-0.56 to 1.25)
				Muscle thickness - gastrocnemius (dominant side)	-0.25 (-1.15 to 0.66)

			Muscle thickness - gastrocnemius (non-dominant side)	-0.25 (-1.15 to 0.66)
Before intervention vs after intervention [55]	n=11	Body structure - Bone structure	Bone mineral density (g/cm^2)	-0.3 (-1.14 to 0.53)
		Body function - Muscle strength	Knee extension (Nm)	0.02 (-0.87 to 0.9)
			Grip strength (kg)	-0.09 (-0.94 to 0.76)
			Pinch grip (kg)	-0.06 (-0.9 to 0.78)
Experimental intervention vs control intervention (no intervention) [33]	SG: n=8; CG: n=8		Maximal voluntary contraction at rest (Nm)	0.34 (-4.95 to 5.63)
			Voluntary activation at rest (%)	0.13 (-1.13 to 0.86)
Before intervention vs after intervention [54]	n=10		Hip flexion strength (N)	0 (-0.88 to 0.88)
			Hip extension strength (N)	0.19 (-1.08 to 1.47)
			Hip adduction strength (N)	0.22 (-1.06 to 1.5)
			Hip abduction strength (N)	0.09 (-0.84 to 1.02)
			Knee flexion strength (N)	0.75 (-3.07 to 4.57)
			Knee extension strength (N)	-0.89 (-6.24 to 4.45)
			Ankle dorsiflexion strength (N)	-1.67 (-7.31 to 3.98)
			Ankle plantarflexion strength (N)	2.85 (-4.33 to 10.03)
Experimental treatment vs control treatment [33]	SG: n=8; CG: n=8	Body function - Muscle endurance	Quadriceps endurance (n. of repetitions)	1.05 (-3.22 to 5.32)
		Activities and participation - Mobility	6MWT	0.55 (-21.65 to 22.74)
Experimental treatment vs control treatment [38]	SG: n=10; CG: n=9		6MWT	0.76 (-13.77 to 15.28)
Before intervention vs after intervention [55]	n=11		6MWT	0.67 (-13.24 to 14.59)
Experimental intervention (group A) vs control intervention (group B) [32]	SG: n=15; CG: n=15		6MWT	1.38 (-8.95 to 11.71)
Experimental treatment vs control treatment [38]	SG: n=10; CG: n=9	Activities and participation – Functional activities	MFM total score (%)	0.68 (-1.32 to 2.67)
			MFM-DI (%)	0.68 (-2.87 to 4.23)
			MFM-D2 (%)	0.42 (-0.68 to 1.52)
			MFM-D3 (%)	0.19 (-0.81 to 1.2)
Before intervention vs after intervention [55]	n=11	Activities and participation - Balance	TUG	0.73 (-0.16 to 1.6)
			5XSTS	1.11 (-0.3 to 2.24)
Experimental treatment vs control treatment [33]	SG: n=8; CG: n=8	Body function - Fatigue	FSS	1.14 (-4.15 to 6.43)
		Activities and participation - QoL	SF-36 total score	0.75 (-4.19 to 5.7)

Intervention subtype	Comparator	Sample size	Impairment	Outcome measures	ES (95% CI)
Aerobic training and/or CBT	Experimental intervention vs control intervention (usual care) [23]	SG: n=128; CG: n=127	Body function	Borg RPE score (end test)	0.16 (-0.08 to 0.41)
	Experimental intervention (aerobic training) vs control intervention (usual care) [24]	SG (aerobic training): n=20; CG (usual care): n=24	Body function - Muscle strength	Quadriceps MVIC	0.34 (-0.65 to 1.33)
	Experimental intervention (CBT) vs control intervention (usual care) [24]	SG (CBT): n=13; CG (usual care): n=24			-0.81 (-2.52 to 0.91)
	Experimental intervention (aerobic training) vs experimental intervention (CBT) [24]	SG (aerobic training): n=20; SG (CBT): n=13			-0.81 (-2.52 to 0.91)
	Experimental intervention vs control intervention (usual care) [23]	SG: n=128; CG: n=127	Activities and participation - Mobility	6MWT	0.23 (-2.47 to 2.93)
	Experimental intervention (aerobic training) vs control intervention (usual care) [24]	SG (aerobic training): n=20; CG (usual care): n=24			0.24 (-7.72 to 8.21)
	Experimental intervention (CBT) vs control intervention (usual care) [24]	SG (CBT): n=13; CG (usual care): n=24			-0.07 (-2.66 to 2.53)
	Experimental intervention (aerobic training) vs experimental intervention (CBT) [24]	SG (aerobic training): n=20; SG (CBT): n=13			-0.4 (-12.25 to 11.44)
	Experimental intervention vs control intervention (usual care) [23]	SG: n=128; CG: n=127	Body function - Fatigue	FDSS score	0.38 (-0.06 to 0.82)
				CIS-fatigue	0.45 (-0.005 to 0.89)
	Experimental intervention (aerobic training) vs control intervention (usual care) [24]	SG (aerobic training): n=20; CG (usual care): n=24		CIS-fatigue	0.41 (-0.46 to 1.27)
	Experimental intervention (CBT) vs control intervention (usual care) [24]	SG (CBT): n=13; CG (usual care): n=24			2.35 (-2.03 to 6.74)
	Experimental intervention (aerobic training) vs experimental intervention (CBT) [24]	SG (aerobic training): n=20; SG (CBT): n=13			1.65 (-2.27 to 5.58)
	Experimental intervention (aerobic training) vs control intervention (usual care) [24]	SG (aerobic training): n=20; CG (usual care): n=24		CIS-activity	-0.71 (-1.57 to 0.16)
	Experimental intervention (CBT) vs control intervention (usual care) [24]	SG (CBT): n=13; CG (usual care): n=24			0.48 (-0.33 to 1.29)
	Experimental intervention (aerobic training) vs experimental intervention (CBT) [24]	SG (aerobic training): n=20; SG (CBT): n=13			1.2 (-0.19 to 2.60)
	Experimental intervention vs control intervention (usual care) [23]	SG: n=128; CG: n=127	Activities and participation - QoL	INQOL quality of life	0.18 (-0.43 to 0.79)
				DM1-ActivC	0.27 (-0.22 to 0.77)
				MDHI score	0.17 (-0.19 to 0.53)
				BDI-FS score	-0.05 (-0.30 to 0.19)
				AES-c score	0.26 (-0.06 to 0.59)
	Experimental intervention (aerobic training) vs control intervention (usual care) [24]	SG (aerobic training): n=20; CG (usual care): n=24		NHP-sleep	0.88 (-3.10 to 4.87)
	Experimental intervention (CBT) vs control intervention (usual care) [24]	SG (CBT): n=13; CG (usual care): n=24			1.31 (-4.46 to 7.07)
	Experimental intervention (aerobic training) vs experimental intervention (CBT) [24]	SG (aerobic training): n=20; SG (CBT): n=13			0.32 (-1.35 to 1.99)
	Experimental intervention (aerobic training) vs control intervention (usual care) [24]	SG (aerobic training): n=20; CG (usual care): n=24		SIP68-sb	0.44 (-10.65 to 11.53)
	Experimental intervention (CBT) vs control intervention (usual care) [24]	SG (CBT): n=13; CG (usual care): n=24			0.12 (-2.91 to 3.16)
	Experimental intervention (aerobic training) vs experimental intervention (CBT) [24]	SG (aerobic training): n=20; SG (CBT): n=13			-0.3 (-9.97 to 9.38)
	Experimental intervention (aerobic training) vs control intervention (usual	SG (aerobic training): n=20;	Pain	VAS: pain	0.12 (-0.60 to 0.85)

	care) [24]	CG (usual care): n=24			
	Experimental intervention (CBT) vs control intervention (usual care) [24]	SG (CBT): n=13; CG (usual care): n=24			0.42 (-1.42 to 2.25)
	Experimental intervention (aerobic training) vs experimental intervention (CBT) [24]	SG (aerobic training): n=20; SG (CBT): n=13			0.31 (-1.19 to 1.81)
Strength training	Before intervention vs after intervention [49]	n=7	Body structure - Muscle structure	Cross-sectional area (mm^2)	0.11 (-23.62 to 23.83)
	Experimental intervention vs control intervention [29]	SG: n=15; CG: n=13	Body structure - PROM	Knee extension PROM	-0.39 (-4.23 to 3.45)
		SG: n=15; CG: n=13		Ankle dorsiflexion PROM	-0.22 (-1.89 to 1.44)
		SG: n=15; CG: n=13		Elbow extension PROM	-0.35 (-2.42 to 1.73)
	Experimental intervention vs control intervention [36]	SG: n=12; CG: n=12	Body function - Muscle strength *(upper limb)*	Right total upper limb strength (mean strength)	-0.06 (-0.86 to 0.74)
				Left total upper limb strength (mean strength)	-0.07 (-0.87 to 0.73)
	Experimental intervention vs control intervention [29]	SG: n=12; CG: n=14		MRC sum score: upper limb	0.15 (-0.63 to 0.93)
	Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Neck flexion (kg)	-0.08 (-0.98 to 0.82)
				Neck extension (kg)	0.35 (-0.55 to 1.26)
				Right shoulder abduction (kg)	0.65 (-0.28 to 1.57)
				Left shoulder abduction (kg)	0.63 (-0.29 to 1.55)
	Experimental intervention vs control intervention [36]	SG: n=12; CG: n=12		Right shoulder girdle muscle strength (mean strength)	0.22 (-0.59 to 1.02)
				Left shoulder girdle muscle strength (mean strength)	0.18 (-0.63 to 0.97)
				Right scapulothoracic region (mean strength)	-0.06 (-0.86 to 0.74)
				Left scapulothoracic region (mean strength)	-0.07 (-0.88 to 0.73)
				Right upper limb muscles (mean strength)	-0.02 (-0.82 to 0.78)
				Left upper limb muscles (mean strength)	-0.01 (-0.81 to 0.79)
	Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Right elbow flexion (kg)	-0.38 (-1.31 to 0.53)
				Left elbow flexion (kg)	0.16 (-0.74 to 1.07)
				Right elbow extension (kg)	-0.16 (-1.06 to 0.75)
				Left elbow extension (kg)	0.05 (-0.85 to 0.95)
	Experimental intervention vs control intervention [36]	SG: n=12; CG: n=12		Right forearm muscles (mean strength)	0 (-0.8 to 0.80)
				Left forearm muscles (mean strength)	-0.28 (-1.09 to 0.52)
	Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Right wrist flexion (kg)	-0.06 (-0.96 to 0.84)
				Left wrist flexion (kg)	-0.16 (-1.06 to 0.74)
	Experimental intervention vs control intervention (no intervention) [39]	SG: n=18; CG: n=17		Isometric wrist flexion (N)	-0.05 (-0.86 to 0.76)
	Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Right wrist extension (kg)	-0.37 (-1.27 to 0.53)
				Left wrist extension (kg)	-0.74 (-1.66 to 0.18)
	Experimental intervention vs control intervention (no intervention) [39]	SG: n=18; CG: n=17		Isometric wrist extension (N)	0.03 (-0.78 to 0.84)
				Hand grip (N)	0.03 (-0.94 to 0.99)
				Pinch grip (N)	0.1 (-0.71 to 0.90)
	Experimental intervention vs control intervention [29]	SG: n=12; CG: n=14	Body function - Muscle strength *(lower limb)*	MRC sum score: lower limb	0.34 (-0.51 to 1.18)
	Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Right hip flexion (kg)	-0.48 (-1.40 to 0.45)
				Left hip flexion (kg)	0.14 (-0.76 to 1.04)
	Before intervention vs after intervention [27]	n=15		Maximal isometric hip flexion strength (Nm)	0.38 (-2.35 to 3.10)
	Experimental intervention vs control intervention [28]	SG: n=20; CG: n=20		Hip flexion (Nm)	0.22 (-0.42 to 0.85)
				Hip extension (Nm)	-0.27 (-0.91 to 0.37)
	Before intervention vs after intervention [27]	n=15		Maximal isometric hip extensors strength (Nm)	0.13 (-2.16 to 2.42)
	Experimental intervention vs control intervention [28]	SG: n=20; CG: n=20		Hip adduction strength (Nm)	-0.23 (-0.86 to 0.40)
	Before intervention vs after intervention [28]	n=11		Hip abduction (1RM)	1.3 (-20.16 to 22.77)
	Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Left hip abduction (kg)	-0.14 (-1.04 to 0.76)
				Right hip abduction (kg)	-0.06 (-0.96 to 0.84)

Experimental intervention vs control intervention [28]	SG: n=20; CG: n=20		Hip abduction (Nm)	0.32 (-0.33 to 0.96)
Before intervention vs after intervention [27]	n=15		Maximal isometric hip abduction strength (Nm)	0.64 (-2.89 to 4.18)
			Maximal isometric knee flexion strength (Nm)	0.96 (-3.39 to 5.32)
Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Right knee flexion (kg)	0.05 (-0.85 to 0.95)
			Left knee flexion (kg)	0.29 (-0.62 to 1.19)
Before intervention vs after intervention [25]	n=17		Knee flexion maximal voluntary contraction torque (Nm)	0.14 (-1.21 to 1.48)
Experimental intervention vs control intervention [28]	SG: n=20; CG: n=20		Knee flexion (Nm)	0.44 (-0.21 to 1.08)
Experimental intervention vs control intervention (no intervention) [37]	SG: n=15; CG: n=15		Isokinetic knee torque flexion (Nm)	0.21 (-0.97 to 1.38)
Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Right knee extension (kg)	0.56 (-0.97 to 1.39)
			Left knee extension (kg)	0.18 (-0.72 to 1.09)
Before intervention vs after intervention [27]	n=15		Maximal isometric knee extension strength (Nm)	-0.18 (-2.37 to 2.02)
Before intervention vs after intervention [26]	n=11		Maximal isometric knee extension strength (Nm)	2.31 (-4.22 to 8.83)
Before intervention vs after intervention [25]	n=17		Knee extension maximal voluntary contraction torque (Nm)	0.06 (-1.37 to 1.49)
Experimental intervention vs control intervention (no intervention) [37]	SG: n=15; CG: n=15		Isokinetic knee torque extension (Nm)	0.11 (-1.11 to 1.33)
Experimental intervention vs control intervention [28]	SG: n=20; CG: n=20		Knee extension strength (Nm)	-0.05 (-0.67 to 0.56)
Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Right ankle dorsiflexion (kg)	0.55 (-0.37 to 1.46)
			Left ankle dorsiflexion (kg)	0.68 (-0.24 to 1.60)
Before intervention vs after intervention [27]	n=15		Maximal isometric ankle dorsiflexion strength (Nm)	0 (-0.71 to 0.72)
Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Right ankle plantarflexion (kg)	0.44 (-0.47 to 1.35)
			Left ankle plantarflexion (kg)	0.19 (-0.71 to 1.09)
Before intervention vs after intervention [26]	n=11		Leg extension (1 RM)	1.33 (-13.32 to 15.98)
			Leg press (1RM)	1.66 (-69.41 to 72.73)
			Squat (1RM)	2.52 (-73.39 to 78.44)
Experimental intervention vs control intervention [29]	SG: n=16; CG: n=13	Body function - Muscle endurance	A6MCT: legs	0.32 (-13.36 to 14.00)
	SG: n=16; CG: n=12		A6MCT: arms	0.18 (-6.62 to 6.98)
Experimental intervention vs control intervention [34]	SG: n=13; CG: n=13	Activities and participation – Limbs function	PUL total	1.12 (-0.02 to 2.26)
			PUL shoulder	0.6 (-0.17 to 1.37)
			PUL middle	0.34 (-0.47 to 1.16)
			PUL distal	**0.87 (0.04 to 1.69)**
Experimental intervention vs control intervention [36]	SG: n=12; CG: n=12		Timed T-shirt donning	0.24 (-0.83 to 1.32)
			Timed T-shirt removing	0.19 (-0.87 to 1.25)
Experimental intervention vs control intervention [36]	SG: n=12; CG: n=12		Upper limb unilateral placing (s)	0.09 (-0.93 to 1.11)
			Upper limb bilateral turning (s)	0.14 (-1.95 to 2.23)
Experimental intervention vs control intervention [29]	SG: n=16; CG: n=13		9HPT	0.07 (-0.67 to 0.81)
Experimental intervention vs control intervention (no intervention) [39]	SG: n=18; CG: n=17		N. of pegs placed on the Pegboard	-0.50 (-1.2 to 0.20)
Before intervention vs after intervention [27]	n=15		LEFS	0.68 (-1.46 to 2.83)
Before intervention vs after intervention [26]	n=11		LEFS	0.22 (-1.02 to 1.46)
Before intervention vs after intervention [29]	SG: n=17; CG: n=13	Activities and participation - Functional activities	Timed rise from floor	0.9 (-4.25 to 6.05)
Experimental intervention vs control intervention [36]	SG: n=12; CG: n=12		Supine to stand test	0.53 (-1.24 to 2.30)
Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		NSAA	-0.18 (-1.26 to 0.89)
Experimental intervention vs control intervention [36]	SG: n=12; CG: n=12		NSAA	0.12 (-0.74 to 0.97)
Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		QMFT score	-0.18 (-1.45 to 1.08)
Before intervention vs after intervention [29]	SG: n=17; CG: n=13		MFM-total (%)	0.46 (-1.49 to 2.42)
			MFM-D1 (%)	0.37 (-2.26 to 2.99)
			MFM-D2 (%)	0.3 (-1.03 to 1.62)
			MFM-D3 (%)	0.84 (-0.99 to 2.68)
Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9	Activities and participation -	6MWT	0.06 (-3.30 to 3.42)
Before intervention vs after intervention [27]	n=15		6MWT	-0.09 (-2.72 to 2.54)

	Before intervention vs after intervention [26]	n=11	Mobility	10 MWT (comfortable speed)	0.43 (-0.41 to 1.26)
				10 MWT (maximal speed)	0.6 (-0.24 to 1.44)
	Before intervention vs after intervention [26]	n=15		10mWT (comfortable speed)	0.13 (-0.58 to 0.85)
				10mWT (maximal speed)	0 (-0.72 to 0.72)
	Before intervention vs after intervention [29]	SG: n=8; CG: n=8		10m run	-0.76 (-2.03 to 0.51)
	Before intervention vs after intervention [25,27]	n=17		Timed stair ascent	0.43 (-0.31 to 1.17)
				Timed stair descent	0.68 (-0.06 to 1.43)
	Before intervention vs after intervention [27]	n=15	Activities and participation - Balance	Mini BESTest	0.16 (-0.60 to 0.92)
				30CST	-0.06 (-0.79 to 0.66)
	Before intervention vs after intervention [26]	n=11		30CST	0.5 (-0.66 to 1.65)
	Before intervention vs after intervention [25]	n=17		STS	**0.83 (0.08 to 1.58)**
	Experimental intervention vs control intervention [34]	SG: n=13; CG: n=13		TCMS total	2.22 (-0.71 to 5.15)
				TCMS static sitting balance	**1.76 (0.82 to 2.71)**
				TCMS dynamic reaching	**2.29 (0.37 to 4.22)**
	Experimental intervention vs control intervention (no intervention) [39]	SG: n=18; CG: n=17	Activities and participation - QoL	AMPS (logits): motor skills	-0.50 (-1.17 to 0.17)
				AMPS (logits): process skills	-0.25 (-0.91 to 0.41)
	Experimental intervention vs control intervention [35]	SG: n=10; SG: n=9		Caregiver burden score	0.03 (-0.88 to 0.94)
	Before intervention vs after intervention [40]	n=17		SF-36: physical functioning	0.33 (-1.24 to 1.90)
				SF-36: role physical	0.51 (-2.88 to 3.90)
				SF-36: bodily pain	0.52 (-2.88 to 3.91)
				SF-36: general health	0.58 (-2.58 to 3.73)
				SF-36: vitality	0.66 (-2.49 to 3.82)
				SF-36: social functioning	0.53 (-3.33 to 4.39)
				SF-36: role emotional	0.50 (-3.13 to 4.12)
				SF-36: mental health	0.53 (-1.71 to 2.77)
				SF-36: physical component summary score	0.67 (-0.7 to 2.03)
				SF-36: mental component summary score	0.37 (-0.79 to 1.54)
				Physical self-worth: global (Physical Self-Perception Profile questionnaire)	0.67 (-0.16 to 1.49)
				Physical self-worth: sport competence (Physical Self-Perception Profile questionnaire)	0.33 (-0.38 to 1.04)
				Physical self-worth: physical condition (Physical Self-Perception Profile questionnaire)	**1 (0.17 to 1.82)**
				Physical self-worth: body attractiveness (Physical Self-Perception Profile questionnaire)	0.33 (-0.38 to 1.05)
				Physical self-worth: physical strength (Physical Self-Perception Profile questionnaire)	0 (-0.67 to 0.67)
	Before intervention vs after intervention [29]	SG: n=17; CG: n=13		PEDI: self-care	0.1 (-0.71 to 0.92)
				PEDI: mobility	-0.04 (-0.78 to 0.70)
	Experimental intervention vs control intervention (no intervention) [39]	SG: n=18; CG: n=17		COPM: performance	-0.14 (-0.81 to 0.52)
				COPM: satisfaction	0.08 (-0.58 to 0.74)
Strength and aerobic training	Before intervention vs after intervention [52]	n=10	Body function	Resting diastolic BP	1.29 (-2.35 to 4.93)
				Resting systolic BP	1.36 (-5.66 to 8.38)
				Post-testing diastolic BP	1.06 (-1.71 to 3.84)
				Post-testing systolic BP	1.40 (-4.86 to 7.66)
			Body structure - Body composition	Body fat (%)	0.37 (-0.76 to 1.49)
				Total LBM (kg)	0.25 (-0.76 to 1.26)

				LBM: arms (kg)	0.43 (-0.46 to 1.31)
				LBM: legs (kg)	0.29 (-0.61 to 1.18)
				LBM: trunk (kg)	0.14 (-0.75 to 1.03)
				Total BMD (g cm^{-2})	0.59 (-0.28 to 1.47)
				BMD: legs (g cm^{-2})	0.30 (-0.57 to 1.18)
				BMD: arms (g cm^{-2})	0.44 (-0.43 to 1.32)
				BMD: trunk (g cm^{-2})	0.66 (-0.22 to 1.53)
				BMD: femur (g cm^{-2})	0.40 (-0.48 to 1.28)
				BMD: femoral neck (g cm^{-2})	0.65 (-0.23 to 1.52)
			Body function - Muscle strength	Hand grip (kg)	0.22 (-0.91 to 1.36)
			Activities and participation - Mobility	6MWT	0.27 (-9.41 to 9.95)
			Activities and participation - Balance	5XSTS	0.83 (-2.09 to 3.76)
				TUG	0.47 (-0.93 to 1.86)
			Activities and participation - QoL	SF-36: general health	0.72 (-3.09 to 4.54)
				SF-36: bodily pain	-0.13 (-1.91 to 1.65)
				SF-36: social functioning	0.09 (-1.08 to 1.26)
				SF-36: role physical	0.42 (-2.75 to 3.58)
				SF-36: role emotional	0.23 (-1.42 to 1.88)
				SF-36: mental health	-0.22 (-2.47 to 2.04)
				SF-36: vitality	-0.09 (-1.20 to 1.02)
				SF-36: physical functioning	0.61 (-3.67 to 4.88)
	Before intervention vs after intervention [50]	n=6	Body function	HR (during submaximal test)	1.76 (-4.35 to 7.87)
	Before intervention vs after intervention [51]	n=8	Body function - Muscle strength	Isometric knee extension (N)	-0.22 (-2.52 to 2.08)
				Isometric knee flexion (N)	-0.31 (-3.91 to 3.29)
				Squat series performance (%BW/leg)	2.67 (-0.27 to 5.61)
				Calf raise series performance (%BW/leg)	1.90 (-4.76 to 8.55)
				Lunges performance	4.00 (-0.27 to 8.27)
			Activities and participation - Mobility	Walking distance (m/session)	1.60 (-67.01 to 70.21)
	Before intervention vs after intervention [50]	n=6		6MWT	0.65 (-13.4 to 14.69)
			Activities and participation - Balance	Dynamic postural balance test (s)	1.05 (-0.72 to 2.81)
Hydrotherapy	Before intervention vs after intervention [17]	n=8	Activities and participation - Mobility	6MWT	-0.27 (-7.96 to 7.41)
				NSAA	-0.40 (-1.79 to 0.99)
			Activities and participation - QoL	ACTIVLIM patient score	-0.50 (-2.06 to 1.06)
				ACTIVLIM patient measure	-0.65 (-1.66 to 0.37)
				CHU-9D	-0.57 (-1.55 to 0.41)
Balance training	Before intervention vs after intervention [48]	n=11	Body function - Muscle strength	Ankle dorsiflexion (N)	-0.61 (-3.67 to 2.46)
				Knee extension (N)	0 (-0.84 to 0.85)
			Activities and participation - Falls	Fall frequency	0.54 (-0.36 to 1.44)
			Activities and	10mWT	-0.18 (-1.03 to 0.67)

			participation - Mobility		
			Activities and participation - Balance	TUG	0.04 (-0.79 to 0.88)
Multicomponent intervention	Experimental intervention vs control intervention (no intervention) [20]	SG: n=18; CG: n=17	Body function	Borg RPE score	**3.83 (2.86 to 4.79)**
	Before intervention vs after intervention [21]	n=20	Body function - Muscle strength	Hamstrings isokinetic muscle strength (stronger side)	0.68 (-2.02 to 3.38)
				Hamstrings isometric muscle strength (weaker side)	0.52 (-1.76 to 2.79)
				Quadriceps isokinetic muscle strength quadriceps (stronger side)	0.08 (-0.82 to 0.98)
				Quadriceps isokinetic muscle strength (weaker side)	0.28 (-1.79 to 2.34)
	Experimental intervention vs control intervention (no intervention) [20]	SG: n=18; CG: n=17	Activities and participation - Mobility	6MWT	0.09 (-2.57 to 2.75)
	Before intervention vs after intervention [21]	n=20		Gait - slow speed	0.12 (-0.50 to 0.74)
				Gait - stride frequency (slow speed)	0.17 (-0.59 to 0.93)
				Gait - stride length (slow speed)	0 (-0.62 to 0.62)
				Gait - fast speed	**0.92 (0.26 to 1.57)**
				Gait - stride frequency (fast speed)	0.30 (-0.96 to 1.56)
				Gait - stride length (fast speed)	0 (-0.62 to 0.62)
			Activities and participation - Balance	FRT	0.49 (-0.69 to 1.67)
				BBS	0.40 (-0.63 to 1.43)
				TUG	0.42 (-0.41 to 1.25)
	Experimental intervention vs control intervention (no intervention) [20]	SG: n=18; CG: n=17		10XSTS	0.12 (-0.59 to 0.82)
				TUG	0.24 (-0.43 to 0.92)
			Activities and participation - QoL	SF- 36: physical functioning	0.72 (-1.27 to 2.70)
				SF- 36: role physical	-1.06 (-6.96 to 4.83)
				SF- 36: bodily pain	0.08 (-0.63 to 0.78)
				SF- 36: general health	1.20 (-1.46 to 3.86)
				SF- 36: vitality	0.65 (-0.69 to 1.99)
				SF- 36: social functioning	-1.94 (-6.44 to 2.56)
				SF- 36: role emotional	0.96 (-2.85 to 4.76)
				SF- 36: mental health	-1.33 (-6.07 to 3.39)
				ESS	-0.16 (-0.86 to 0.54)

Abbreviations: ES, Effect Size; CI, Confidence Interval; PROM, Passive Range of Motion; 4SC, Timed 4-stair climb; AFO, Ankle foot orthosis; FO, Foot orthosis; 10mWT, 10-meter walk test; 2MWT, 2 Minute Walk Test; BBS, Berg Balance Scale; NASS, North American Spine Society; Lneur, Lumbar spine neurogenic symptoms; Lpain, Lumbar spine pain/disability; VAS, Visual Analogue Scale; SF-36: 36-Item Short Form Health Survey; KAFO, Knee ankle foot orthosis; PCI, Physiological Cost Index; SG, Study Group; CG: Control Group; AROM, Active range of motion; A6MCT, Assisted 6 Minute Cycle Test; PUL, Performance of Upper Limb; MFM D3 (%), Motor function measure dimension 3; QoL, Quality of life; WBVT, Whole-Body Vibration Training; MRC, Medical Research Council; 6MWT, 6-minute walk test; FES, Functional Electrical Stimulation; NMES, Neuromuscular Electrical Stimulation; TUG, Timed Up and Go Test; HVPGS, High volt pulsed galvanic stimulator; IADL, Lawton Instrumental Activities of Daily Living; VPA, Vibratory Proprioceptive Assistance; MVIC, Maximal Voluntary Isometric contraction; SF-36, 36-Item Short Form Survey; HR, Heart Rate; 5XSTS, 5 times sit to stand; FSS, Fatigue Severity Scale; CBT, Cognitive Behavioural Therapy; RPE, Rating of Perceived Exertion; FDSS, Fatigue and daytime sleepiness scale; CIS-fatigue, Checklist Individual Strength-fatigue subscore; CIS-activity, Checklist Individual Strength-activity subscore; INQoL, Individualised Neuromuscular Quality of Life; DM1-ActivC, Myotonic Dystrophy type 1 Activity and participation scale; MDHI, Myotonic Dystrophy Health Index; BDI-FS, Beck Depression Inventory-Fast Screen; AES, Apathy Evaluation Scale; NHP-sleep, Nottingham Health Profile – sleep subscale; SIP68-sb, Sickness Impact Profile 68 – social behaviour subscale; 1RM, one repetition maximum; 9-HPT, 9-Hole Peg Test; LEFS, Lower Extremity Functional Scale; NSAA, North Star Ambulatory Assessment; 10MWT, 10 Minute Walk Test; 30CST, 30 Seconds Sit To Stand Test; STS, Sit to stand; TCMS, Trunk Control Measurement Scale; AMPS, Assessment of Motor and Process Skills; PEDI, Pediatric Evaluation of Disability Inventory; COPM, Canadian Occupational Performance Measure; BP, Blood Pressure; LBM, Lean Body Mass; BMD, Bone Mass Density; BW, Body Weight; CHU-9D, Child Health Utility 9D; FRT, Functional Reach Test; ESS, Epworth Sleepiness Scale.